‘A reason to live’

An innovative facility that allowed B.C. women to give birth and live with their babies at a provincial jail was ordered reopened in 2013. Metro investigates why it sits empty

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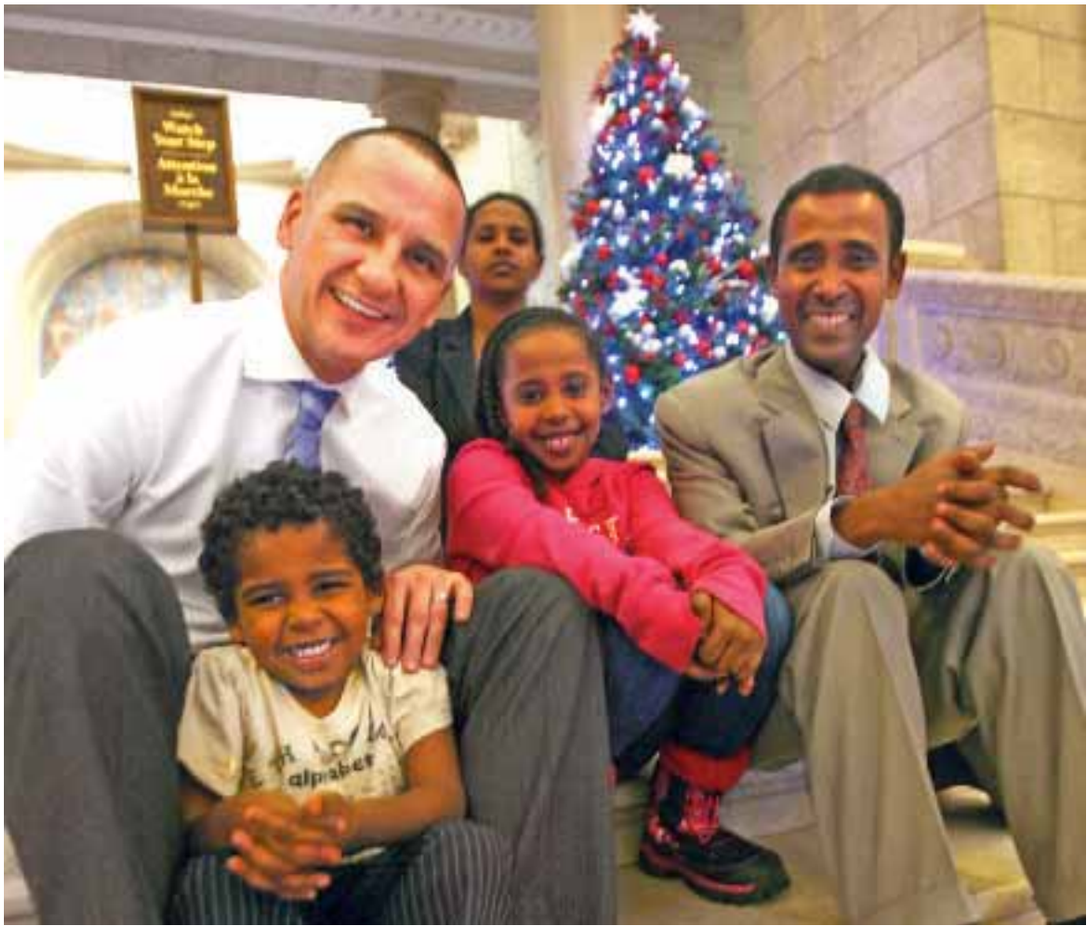

FINDING STABILITY

A program poverty groups have been lobbying for is to kick off metroNEWS

Division seeks new programs

EDUCATION

Indigenous languages may soon be added to classrooms

Evan Matthews
For Metro | Winnipeg

A Winnipeg school division says they’re looking to add indigenous language classes and Tagalog immersion programs to their schools.

Seven Oaks School Division superintendent Brian O’Leary said roughly 40 per cent of their student body belongs to those ethnic groups and parents are looking for options.

“Our first step is to see if there are enough parents who are interested in these types of programs for their kids,” O’Leary said.

The division decided Monday night to conduct a survey in the new year to see if there is enough interest to establish indigenous language classes and Tagalog immersion programs.

“If there is only five students a grade level, we probably won’t offer something. If there is 20 students a grade level then we likely will. The numbers matter very much.

“We’ve certainly had some very strong advocates come forward to say they think there is lots of interest,” O’Leary added. “I think what we need to do is quantify that.”

Stacey Hutchinson, 39, is the mother of two boys and comes from an indigenous background. Most of her family lives in Berens River.

> **Everyone needs to be able to reflect on their heritage and learn about their families.**
> Stacey Hutchinson

“It would be nice if my sons knew more about their background,” Hutchinson said.

She said a lack of culture and education training has plagued indigenous people for far too long. She’s asked some of her family to teach her and her sons about their culture and language, but it’s not something easily done over Facebook.

metro NEWS

Your essential daily news

Can you do this? Two-year-old Sophia can name all of nation's new ministers. **Canada**

CONSUMERS

Province nixes gift card inactivity fee

Meg Crane
For Metro | Winnipeg

The Manitoba government is enforcing new rules to protect shoppers who buy gift cards, said Tourism, Culture, Heritage, Sport and Consumer Protection Minister Ron Lemieux.

In time for holiday shopping, Lemieux said businesses will no longer be allowed to charge inactivity fees on gift cards.

Until now, if a consumer did not use a gift card for 12 consecutive months, the business could charge a fee, according to a Manitoba government news release.

"The new rules continue our commitment to ensuring Manitoba's consumer protection legislation remains current and promotes a fair marketplace," Lemieux said.

Already in place is that gift cards can't have expiry dates, unless it is for a specific good or service, or the card is given away for free, said a Manitoba government news release.

Suppliers cannot charge fees for gift cards, unless a lost or stolen card is being replaced or the card is given away for free, said the news release.

All restrictions, limitations and conditions on the gift card must be disclosed.

If a business does not comply with these rules, there will be an administrative penalty.

The penalty ranges from $1,000 to $5,000 for an individual and $5,000 to $20,000 for a corporation, said the news release.

"Manitobans already enjoy strong consumer protection with respect to gift cards but there is room for improvement," said Minister Lemieux.

Companies can no longer ding Manitoba consumers with inactivity fees on their gift cards. ELISHA DACEY/METRO

Manitoba beefs up ban on firearms

COURT

Bill to make it easier to grant protection orders

Manitoba's attorney general says the province will be the first in Canada to confiscate someone's gun if they are named in a protection order.

Gord Mackintosh said the change is included in proposed legislation introduced on Monday. The bill will make it easier for the courts to grant protection orders, look at expanding the use of GPS monitoring for offenders and will require a firearms possession ban.

"This is the first of its kind in Canada. We are stepping out from the crowd in Canada," Mackintosh said. "When you have the second-highest rate of spousal homicides, we're required to step out."

The NDP is hoping for all party co-operation to pass the legislation quickly so it can take effect in the spring, Mackintosh said.

The move comes after the killing of two women earlier this year.

Selena Keeper was denied a protection order against her former boyfriend five months before he was charged in her death. Although Keeper alleged she was beaten while pregnant with the couple's child, her application was denied because a justice of the peace found she was in no imminent danger.

Camille Runke was shot and killed in October, and her estranged husband later committed suicide. CONTRIBUTED

Camille Runke was killed in October despite a protection order against her estranged husband who she told the court owned a gun. She contacted police 22 times to report violations of the protection order but was shot in broad daylight on a Winnipeg street. Her estranged husband later committed suicide.

The province has a duty to learn from those tragedies, Mackintosh said.

"I hear those lessons and we are demonstrating that we are listening."

More than half the protection order applications made in the past two years were denied because the legal threshold of "immediate and imminent danger" is too high, Mackintosh said.

Under the proposed legislation, a justice of the peace can grant an application if there is "serious or urgent circumstances" that take into account the respondent's criminal history.

Those who work with domestic violence victims say the bill will save lives. Too often, they say, protection orders are denied because the alleged assault occurred a few weeks ago or the woman is staying in a shelter, seen as a place of safety.

Jane Ursel, sociology professor at the University of Manitoba and director of a family violence research network, said the legislation also addresses a key component of domestic violence by diverting more offenders into intensive intervention programs.

"Women and victims are not the problem," she said. "It is the accused and the perpetrators that are the problem."

THE CANADIAN PRESS

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IN BRIEF

Province opens hotline on how to help refugees

Manitobans looking for ways to help Syrian refugees coming to the province can now refer to an information hotline.

The line has been set up by the provincial government, the Manitoba Emergency Measures Organization and the Canadian Red Cross. It will provide information to those looking to donate or volunteer with resettlement efforts.

Manitoba is expecting between 1,500 and 2,000 people who have fled Syria.

The toll-free hotline number is 1-888-662-3211 and will be available between 8:30 a.m. and 4:30 p.m. weekdays.

Refugees will be housed initially in Winnipeg, where the most settlement services are available. Options in other regions are being explored. Privately sponsored refugees are to go to the community where their sponsor is located.

THE CANADIAN PRESS

One dead in two-vehicle crash near Oakbank

Oakbank RCMP are investigating a fatal car crash, said an RCMP media release.

Around 11 a.m. on Sunday, Selkirk and Oakbank police arrived at the accident at the intersection of Road 76 North and Road 35 East.

Two vehicles crashed when the driver of an SUV did not stop at a stop sign, RCMP said.

The driver, a 55-year-old man, and his passenger were taken to hospital and have been released.

The driver of the other vehicle died on scene.

Alcohol is not believed to be a factor and traffic analysts are assisting with the investigation. METRO

Premier Greg Selinger in front of an electric bus in 2014. Winnipeg is considering converting the current system. METRO FILE

Province, city look at electric transit

PUBLIC TRANSPORTATION

Task force findings to be delivered by early 2016

Meg Crane
For Metro | Winnipeg

Winnipeg might get an all-electric transit system.

Premier Greg Selinger and Mayor Brian Bowman announced that the provincial government and the city have partnered to establish a task force that will look at the possibility.

"Manitoba is already a worldwide leader in clean bus technology," said Selinger. "This will allow us to take the next steps in creating good green jobs and a clean environment."

The task force is made of representatives from the city and province, Manitoba Hydro, New Flyer and Red River College, said a news release sent out by the Manitoba government.

The group will consider all aspects of what switching to an all-electric system would mean.

One point it will discuss will be the need to create charging infrastructure along existing routes and the rapid transit corridor, said the news release.

"We are pleased to participate in this task force," said Bowman. "It will allow us to critically examine the feasibility of transitioning more of Winnipeg's transit fleet to electric models, and whether the technology is in place to meet the service needs of our city."

Winnipeg Transit currently has 618 buses which travel a combined 29 kilometres annually and serve more than 5,100 bus stops throughout the city, said the news release.

The task force's findings are expected to be given to the province and city in the early spring of 2016, said the news release.

> **"It will allow us to critically examine the feasibility ... and whether the technology is in place to meet the service needs."**
> Mayor Brian Bowman

POLITICS

Global TV pulls Tory attack ad

An attack ad by Manitoba's Opposition Progressive Conservatives has been pulled from Global Television in a copyright dispute that one expert says is part of a growing battle between media outlets and political parties.

The ad criticizes severance packages the NDP government gave to seven advisers who parted ways with Premier Greg Selinger in the wake of a leadership crisis last year. The 30-second spot is based almost entirely on Global News footage of the premier walking away from two reporters asking him questions.

Global stopped airing the ads and has sent a letter to the Tories, demanding the ad be removed from other networks and sites such as YouTube and Facebook.

"Our video was used in the ad without permission," Ron Waksman, director of editorial standards and practices for Global News, said in a statement Monday. "We have taken steps to remove this ad from our airwaves, which is consistent with our long-standing policy not to provide Global News content for use in any third-party political advertising."

The Tory caucus office referred questions to staff at the party's headquarters, who did not return calls and messages Monday.

Michael Geist, an associate law professor at the University of Ottawa who specializes in copyright law, said political parties can use portions of broadcasts or news clippings under the fair dealing provision of the Copyright Act.

But he said there are rules and the Manitoba Tory ad is "problematic" because it does not attribute the footage to Global News, and also blurs out the logo on a reporter's microphone.

The ad remained available on the Tories' Facebook page and YouTube channel Monday.

THE CANADIAN PRESS

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TRANSIT TUESDAY
Weekly Transit News Update

WINNIPEG TRANSIT PRESENTS THE SANTA BUS

The Santa Bus is driving the holiday spirit until Thursday, December 24. All cash fares and donations collected on the Santa Bus go directly to the Christmas Cheer Board.

Bus #147 features larger-than-life vinyl graphics of Santa and all his reindeer. "The Santa Bus raised $13,000 in 2014 and we're ho-ho-hoping to collect even more this year," said Mr. Claus. For more information about the Christmas Cheer Board, visit christmascheerboard.ca. To sponsor a hamper, call 204-989-5680.

Look for the Santa Bus on Route 11 Kildonan - Portage all this week.

TRACK THE SANTA BUS IN REAL-TIME!

Use BUStxt to locate the Santa Bus. Just text 287898 on your mobile device, enter Bus 147, then press send. BUStxt will text you back in just a few seconds displaying which route the Santa Bus is on plus the time it will be arriving at its next stop.

BUStxt is just one of the many tools Winnipeg Transit offers to improve your transit experience. To learn more about BUStxt and other great Transit Tools, visit winnipegtransit.com.

WINNIPEG TRANSIT IS HIRING!

Bus operator applications are being accepted. Don't miss your opportunity to join the team of professional bus operators at Winnipeg Transit. This is a long term career opportunity that offers above average pay and superior benefits. Fully paid 6 week training program is provided to successful candidates. Visit winnipegtransit.com for more details.

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The next time you and your friends are planning lunch at your favorite downtown restaurant don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you, for complete route and schedule information visit winnipegtransit.com or call 311.

Kevin Chief with Anteneh Tefera, Rahel Wube and their children Heran and Eyoab. DONNA MAXWELL/FOR METRO

Rent Assist hits 75%

JOBS AND ECONOMY

Program to help low earners, refugees

Donna Maxwell
Metro | Winnipeg

Phase 2 of the province's Rent Assist program kicks in Tuesday and it's good news for not only those on Employment Income Assistance but for the working poor as well.

Kevin Chief, Minister of Jobs and Economy, said the $22 million program will pay up to 75 per cent of median market rent for EIA recipients and low income earners, including newcomers to Canada who are permanent residents, like refugees.

The program is available to people who spend more than 25 per cent of their income on rent for a modest apartment in the private market.

Chief said low income families need to know they can benefit from the additional funding that will give them more stability during hard times.

"Part of the Rent Assist program, there's a low income stream, so you don't have to be on EIA to get the Rent Assist benefit," Chief said.

"We know that the Rent Assist program, particularly on the low income benefit side, helps people find some stability when they're in transition."

Josh Brandon, chair of Make Poverty History Manitoba, said his and other community groups working on solving poverty issues in the province have been campaigning for this kind of financial assistance for years.

> **"It's also important to help us settle down and focus on looking for jobs."**
> Anteneh Tefera

He congratulated the government on hitting the 75 per cent mark two years ahead of schedule.

Rent, he said, is the biggest expense for people living in poverty.

"The fact they they're able to set rent targets for people living on EIA at rates that allow people to find housing in the private market is really important for poverty reduction, it really helps families not have to make the choice between putting food on the table and having a roof over your head," Brandon said.

Anteneh Tefera and his wife Rahel Wube, along with their children, Heran Tesfaye, 9, and Eyoab Tesfaye, 5, moved to Winnipeg from Ethiopia in September.

Tefera was a university professor of microbiology back home and Wube was an accountant who worked at a bank.

He said Winnipeg has been wonderful and the people are very hospitable, but they've been surviving off their savings since they arrived and were glad to learn they are eligible for Rent Assist while they make the transition to life in Canada.

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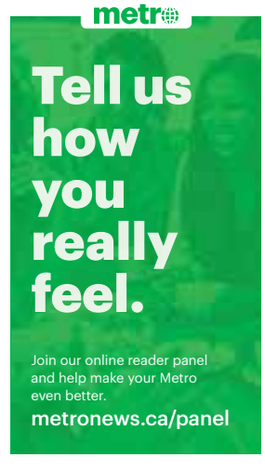

Looking right at home, one of the cubs spends a lazy morning exploring his digs at the zoo. EVAN MATTHEWS/FOR METRO

Assiniboine Park Zoo wants help naming orphaned cubs

CONSERVATION

Bear in mind: To vote, you must donate to rescue efforts

Evan Matthews
For Metro | Winnipeg

Assiniboine Park Zoo's two polar bears met the public for the first time Monday, and they need names.

The zoo is asking for public input into naming the bears, according to Janice Martin, Curator of Collections and Behavioural Husbandry for the zoo.

They've narrowed down the list to four names — York, Tatnam, Eli and Aiken.

"The names were chosen to honour northern Manitoba, whether it's a community, a location or a person. It's a nice way to name our bears," said Martin. "They're so calm, I'm so impressed."

Martin said the bears were orphaned after an accident near Churchill. A civilian shot a flare in hopes of startling a group of bears so they would leave the area. Unfortunately, the mother was struck and killed by the flare.

The bears were in good condition when they arrived at the zoo, and have put on 15 kilograms. The bears were put into a mandatory 30-day quarantine.

To cast a vote, people are being asked to make a small donation to the zoo in any amount.

"The goal is $10,000, and it all goes to the polar bear rescue team in order to help us save animals like this," said Martin. "I just really want people to be educated and engaged in order to help us."

> **I just really want people to be educated and engaged in order to help us.**
> Janice Martin, Curator of Collections and Behavioural Husbandry

Donations can be made online at assiniboineparkzoo.ca

SHORTLIST

York: A northern community, York Factory First Nation
Eli: Inspired by the name of an aboriginal elder in York Factory First Nation.
Tatnam: Cape Tatnam runs along Hudson Bay, roughly 250 kilometres southeast of Churchill
Aiken: The name of the river running through the York Landing METRO

IN BRIEF

Hospital attempts new world record on angels

The Misericordia Hospital is calling all angels.

The Winnipeg hospital will attempt to break the Guinness World Record for the largest gathering of angels Tuesday.

Every year, the hospital's squad of angels line the Maryland bridge to ask for donations for the Misericordia Foundation.

This year, the angels will meet outside Mulvey School wearing all white, according to a statement from the foundation, and everyone is welcome to join them.

Those who don't have white outfits can wear a white sheet.

The gathering will begin at 7:45 a.m. on Dec. 1 with volunteers ensuring all angel outfits are complete with halos and wings.

The Misericordia Foundation's website says the first 1,200 people will be given complete angel outfits.

METRO

Santa Claus is driving through town, on a bus

Watch out for the Santa Bus!

From Dec. 1 to 24, a transit bus covered in a vinyl graphic of Santa and his reindeer will drive around the city.

It will collect donations for the Christmas Cheer Board. All cash fares will also be donated.

Last year, the bus raised $13,000, according to the City of Winnipeg.

To locate the bus, text "Bus 147" to 287898.

The text reply will tell you which route the Santa Bus is on and the time it will arrive at its next stop.

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‘There’s no time to waste’

UN SUMMIT

Trudeau tells leaders to fight climate change at home first

Prime Minister Justin Trudeau travelled to Europe to tell the world that the fight against climate change starts at home.

Trudeau wrapped up a week-long run of European summitry — his second in less than 30 days since being sworn in — with an address to the leaders’ plenary on the opening day of a UN-sponsored climate conference.

French President Francois Hollande, the host of the 21st climate conference, and other leaders painted the climate battle in existential terms for humankind, explicitly linking security issues and global warming in this terror-scarred city. Trudeau focused on his own backyard.

“Indigenous peoples have known for thousands of years how to care for our planet,” he said. “The rest of us have a lot to learn. And no time to waste.”

Trudeau said national governments like his own also have a lot they can learn from cities, and from the provincial premiers who’ve accompanied him to these talks.

More than 150 countries are represented at the conference, known as COP21, and more than 180 jurisdictions made emissions-cutting pledges in advance of two weeks of final negotiations that formally began Monday.

Hollande, whose nation was stricken earlier this month by its second deadly terror attack in 2015, portrayed the task of climate negotiators in vividly dire terms.

> **We must leave our children with a viable planet.**
> Francois Hollande

“I’m not choosing between the fight against terror and the fight against global climate change,” he said in his opening address.

“Because we must leave our children more than a planet free of terrorism. We must leave them a viable planet.”

The conference site, a sprawling airfield outside Paris, was a remarkable scene. More than one hundred country leaders and several thousand official delegates and journalists converged in the City of Lights just three weeks after terrorists attacks.

Trudeau had been asked last week about the nexus of climate and terror after UN secretary general Ban Ki-Moon raised the link in Malta during a Commonwealth summit.

Trudeau said both have figured in every conversation he’s had with other world leaders, whether at the G20 in Turkey, the Asia-Pacific leaders summit in Manila, or last week in Malta — but added, “I don’t see a direct link there.”

At a news conference Monday on the conference site, Trudeau said the three-month election campaign this fall that propelled his Liberals to power showed him that Canadians are ready to pitch in on fighting climate change.

“But they want to know that what they’re doing fits into a bigger picture,” said Trudeau. “Because there is no point in bending over backwards if your neighbour or your government is not also doing its part to ensure that we all have the maximum impact together.”

Trudeau announced in Malta that Canada will contribute $2.65 billion to a climate adaptation and mitigation fund, and on Monday he added a pledge of $300 million to clean technology innovation as part of a 20-country project headlined by Hollande, Barack Obama and Microsoft’s Bill Gates. THE CANADIAN PRESS

Prime Minister Justin Trudeau speaks during the UN climate change summit Monday in France. ADRIAN WYLD/THE CANADIAN PRESS

TODDLER GOES VIRAL

Political junkie in diapers

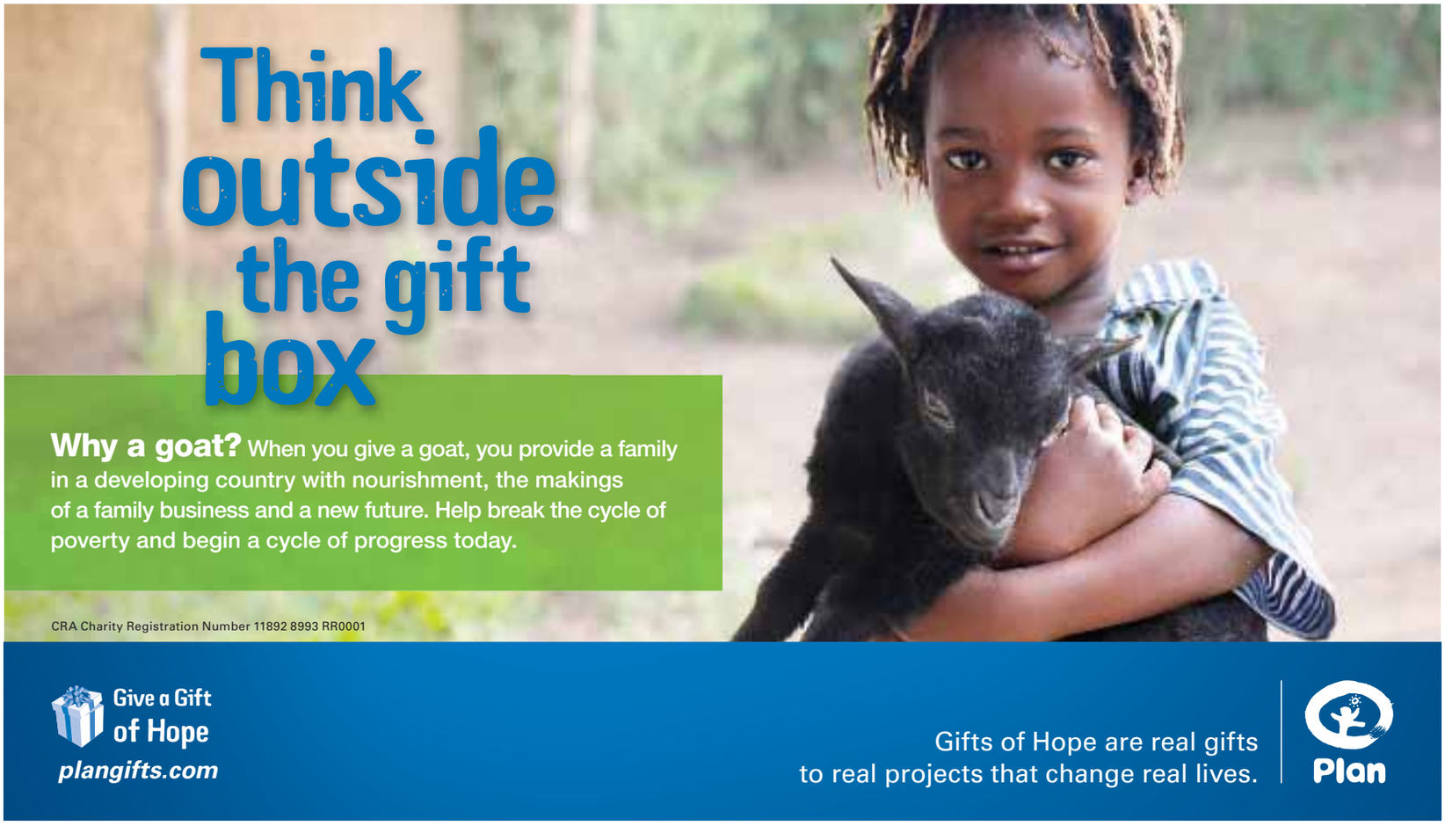
Sophia Popalyar YOUTUBE.COM

She may still be in diapers, but Sophia Popalyar can do something many Canadians can’t: the two-year-old can name several of Canada’s new cabinet ministers.

Who is Canada’s new prime minister, her father, Fawad Popalyar, asks in a video posted on YouTube. “Justin Trudeau,” the youngster responds without missing a beat. “The honourable . . . ?” her father prompts.

“The Right Honourable Justin Trudeau,” Sophia replies, before turning her attention back to her Frozen-themed blanket.

Fawad said it took Sophia about a week to learn the names and positions of 15 Canadian cabinet ministers. But who is her favourite minister? Maryam Monsef, Canada’s new Minister of Democratic Institutions, Sophia replies. TORSTAR NEWS SERVICE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Gifts of Hope are real gifts to real projects that change real lives.
Plan

Vusiyeka Dubula and the South Africa-based Treatment Action Campaign group is looking for funding options at Tuesday's Toronto summit. CONTRIBUTED

Money still key to Africa's epidemic

HIV TIME BOMB

Fresh funding the top priority at World AIDS Day summit

Gilbert Ngabo
Metro | Toronto

One of the largest organizations in the fight against AIDS could close up shop because it's running out of money.

South Africa-based TAC — Treatment Action Campaign — is one of a handful groups meeting in Toronto on Tuesday to discuss the challenges they face as the world marks AIDS Day.

The organization has been at the forefront of the battle against HIV in South Africa and across the continent. A big part of its $20-million annual budget comes from foreign donors.

But the contributions have been shrinking, with donors putting more and more money directly into government coffers rather than non-profits.

"This is a big concern to us," said Vusiyeka Dubula, TAC's former general secretary who teaches about the social aspects of HIV/AIDS at South Africa's Stellenbosch University.

The group could end some of its community programs by March if it can't find new sources of funding, she said.

"It would be a disaster for South Africans," she said, adding the country has the highest prevalence of HIV around the world. About 6.5 million South Africans are HIV-positive and only 3.5 million are receiving antiretroviral treatments. Of the 37 million around the world infected with HIV/AIDS, more than 25 million of them in Africa. About 75,000 people live with the virus in Canada.

25M

Of the global total of 37 million HIV/AIDS sufferers, 25 million live in Africa.

Toronto-based Steven Lewis Foundation, which organized Tuesday's conference at Bell Lightbox, has committed to matching contributions to TAC's budget up to $1 million.

Dubula said healthcare systems across Africa are failing badly, largely because of insufficient infrastructure and too few doctors and nurses. It's a struggle she knows on a personal level. She has lived with HIV for nearly 15 years and has been taking antiretroviral drugs for a decade.

"In developed countries like Canada, health clinics are in walking distance," she said. "But people in poor countries have to travel many miles for treatments."

CABINET

Meet the political junkie in diapers

She may still be in diapers, but Sophia Popalyar can do something many Canadians probably can't: the two-year-old can name several of Canada's new cabinet ministers.

Who is Canada's new prime minister, her father, Fawad Popalyar, asks in a video posted on YouTube. "Justin Trudeau," the youngster responds without missing a beat.

"The honourable . . . ?" her father prompts. "The Right Honourable Justin Trudeau," Sophia replies, before turning her attention back to her Frozen-themed blanket.

Fawad and his wife both work for government ministries. He is at Citizenship and Immigration Canada and she is at Health Canada. Canadian politics is a regular topic of conversation in their home.

He said it took Sophia about a week to learn the names and positions of 15 Canadian cabinet ministers. "Every day we've been sort of rehearsing it," he said.

But who is her favourite minister? Maryam Monsef, Canada's new Minister of Democratic Institutions, Sophia replies. TORSTAR NEWS SERVICE

Sophia says her favourite minister is Maryam Monsef. YOUTUBE.COM

IN BRIEF

Another province goes red as Liberals surge

The Liberals in Newfoundland and Labrador easily won a majority government in Monday's provincial election, ending 12 years of Progressive Conservative rule by sticking to a low-key campaign that tapped into a desire for change. The party were buoyed by victories in every one of Atlantic Canada's 32 federal ridings. THE CANADIAN PRESS

No speaker role for Bélanger after diagnosis

Longtime Ottawa MP Mauril Bélanger won't seek to become House speaker after being diagnosed with ALS, also known as Lou Gehrig's disease. "Under the doctor's advice, I have decided to withdraw my candidacy," he said. THE CANADIAN PRESS

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BROKEN BONDS | PART I

Jennifer Smith stands in her oldest daughter's bedroom at her home in Vancouver. In 2007, Smith and her newborn baby lived together at a B.C. jail while Smith was incarcerated.
JENNIFER GAUTHIER/FOR METRO

An unlikely initiative at one B.C. jail for women was changing the lives of inmates and their families. So why was it stopped?

Breaking a vicious cycle

Sidney Cohen
For Metro

Jennifer Smith found out she was pregnant from a prison nurse at Prince George Regional Correctional Centre, a provincial jail in central British Columbia.

It was the winter of 2007 and Smith, in jail for minor crimes committed to support a drug habit, had recently been through withdrawal. The 22-year-old weighed just over 100 pounds and in her words, "looked like death." The baby, she was told, would come before the end of her sentence.

Traumatic events in Smith's youth, including the suicide of her father when she was a teenager, had her on a downward trajectory. When she discovered she was pregnant, "I just made a really big decision," Smith says, "that my life was going to change from here on out."

It was Smith's first pregnancy, but not her first time in jail. Two years earlier, Smith had spent three and a half months at Alouette Correctional Centre for Women, a Vancouver-area prison for women awaiting trial or serving terms under two years. Smith remembered being amazed when a fellow inmate delivered a baby boy in hospital and brought him back to live with her at the jail.

> **"A pregnancy always offers an opportunity for healing."**
> Mary Ellen Turpel-Lafond, B.C. Children's Advocate

At the time, Alouette was operating a "mother-baby program," which allowed women who gave birth while incarcerated to keep their newborns with them, to breastfeed and bond during the critical post-partum period.

Smith asked to be transferred to Alouette and her request was granted.

Smith gave birth to a daughter that June. In August, she walked through Alouette's gates, baby in tow. She never looked back.

Alouette staff and outside observers say the mother-baby program is safe and effective. They note the positive impacts of keeping mothers and babies together: babies reap the health benefits of breastfeeding and bonding with their mothers, and the mothers are inspired to get clean and stay out of jail.

So it came as a shock when, in 2008, B.C. Corrections quietly shut down the mother-baby program, citing concerns for the babies' safety, despite there being no known instance of harm to any child who participated in the program. Two inmates challenged the closure and in 2013, the B.C. Supreme Court ordered the program reinstated. The court held that cancelling the program discriminated against incarcerated women, particularly indigenous women, who are overrepresented in Canada's correctional system, and violated the charter rights of mothers and babies to be together.

On June 16, 2014, B.C.'s Ministry of Justice proudly announced the opening of the newly renovated mother-baby unit at Alouette, but since then not one baby has been allowed to live at the jail. And not for want of pregnant inmates. In all, 26 babies have been born to provincially incarcerated women in B.C. since 2008. Two inmates gave birth this summer.

When asked, the province says Alouette's mother-baby facility is available to women who need it, but inmates, activists and even the jail's former warden say the government has made the program so hard to access that it might as well still be closed.

* * *

Alouette opened as a women-only prison in 2004, under an enthusiastic warden named Brenda Tole, who is now retired. Tole had a vision for corrections built on the belief that permitting women a degree of autonomy would empower them to take control of their lives.

Tole designed Alouette to be a therapeutic space. Women had keys to their own rooms, they could venture outdoors at their leisure, and an inmate

BREASTFEEDING

The World Health Organization says breast milk is the ideal food for newborns as it is rich in nutrients and has antibodies that protect against diarrhoea and pneumonia - the leading causes of child mortality across the globe. According to Health Canada, breastfeeding reduces a child's risk for allergies, helps mothers shed baby weight and reduces their risk for developing breast cancer.
THE ASSOCIATED PRESS

committee was organized so women could discuss problems in the jail and make proposals for improvements.

All this equalled a measure of agency and trust unfamiliar to most women in custody. On the street, Alouette was known as "Camp Cupcake."

Alouette's mother-baby program was pitched to Tole by Sarah Payne, a Vancouver midwife. Payne, who worked with substance using mothers and their babies, explained that infants born into withdrawal who stayed with their mothers — were breastfed, cradled and kissed — had better health outcomes. Women who had babies taken away often lost hope and returned to their old ways. Mothers who kept their newborns had motivation to get better.

Tole, who has worked in corrections for 30 years, says she has seen the effects of mother-child separation first-hand. "The moms are destroyed. … It's unbelievable. It's horrible," she says.

Alouette's mother-baby program was designed to give babies the chance to form a secure attachment to their mothers, which experts say is critical to a child's future emotional health.

Mary Ellen Turpel-Lafond, B.C.'s Children's Advocate, has worked closely with families living with poverty, drug addiction and incarceration, and is a vehement supporter of prison mother-baby programs. She says the effects of keeping a mother and baby together, with support from the community and social services, can be life-altering for the child and felt for generations to come.

Jennifer Smith holds a photograph of oldest daughter, taken in 2008. JENNIFER GAUTHIER/FOR METRO

"The children have stayed in the long term with the parent, done well in school and will likely be the first generation to break ... a multi-generational cycle," she says.

Considering Canada's sordid history of removing indigenous children from their families, the implications are especially acute for First Nations women, who account for almost half of the country's female inmate population.

Alouette's mother-baby initiative presented an opportunity "to address trauma as opposed to compounding trauma" experienced by incarcerated women and children of Indigenous heritage, says Turpel-Lafond.

* * *

Between 2005 and 2008, 13 babies were born to women serving sentences at Alouette and nine lived at the jail until their mothers were released. At the time of the 2013 B.C. Supreme Court judgment, all nine had remained out of custody — impressive, given that About 70 per cent of B.C.'s women inmates reoffend within two years of release, according to documents from court case.

"It was just amazing to see," says Tole, who worked in corrections for over 30 years. "The moms… and babies did so well. It was positive for the staff too ... a total de-stressor."

Alouette's mother-baby unit, named Alder after the west coast tree, had a reputation for being calm. Women who sought admission to the unit were carefully screened. If they didn't have kids of their own inside, they acted as babysitters while the mothers worked and took parenting classes. Some inmates who helped out in this way reported that the babies' presence elicited painful memories of their own estranged kids but also that the program inspired them to reconnect with their children when they were released.

Jennifer Smith says she felt "totally safe and comfortable" living with her daughter in Alder.

Smith recalled one night when her baby wouldn't stop crying. She tried burping and bobbing her to no avail. Not having slept a full night in days, the first-time mother broke down in tears herself.

That's when she heard a knock at her door: "Is there anything I can do for you, dear?"

It was Betty Krawczyk, an environmentalist famous in B.C. for multiple arrests and imprisonments. The 78-year-old grandmother plucked the bawling baby from Smith's arms and, in characteristic defiance of the rules, brought the baby to the rocking chair in Alder's common room. She held the child against her breast and rocked her back and forth until she fell asleep.

* * *

In the years since leaving Alouette, Smith has stayed clean, moved into a three-bedroom apartment in Vancouver, and had a second daughter.

It hasn't been easy, but the family has come a long way.

Smith's daughter, now in Grade 3, is doing well in school and taking gymnastics classes. "She's really flexible," Smith says proudly. "This girl can do the splits both ways and she does headstands, handstands, round-offs on the beam." Her younger child, nearly two, is learning numbers and shapes.

Right now Smith is a full-time mom, but she hopes to pursue a career where she can draw on her life experiences to help others.

"I just want to be there, so that people know there's still hope when you're down. It's not the end of the world. I know I definitely thought it was for me."

Smith says the day she found out she was pregnant the first time was the best one in her life up to that point.

"It gave me a reason to live.

"If I didn't get the opportunity to have my child (in jail) — I still would have fought for her — but who knows what would have happened. I don't even want to think about it."

Meanwhile, Alouette's mother-baby facility sits empty.

Broken Bonds

PART I
"A success story"
Tues. Dec. 1

PART II
"It all falls apart"
Wed. Dec. 2

PART III
"What now?"
Thurs. Dec. 3

BRINGING UP BABY BEHIND BARS

In Canada, there are currently nine correctional facilities with programs that allow mothers to live with their babies.

Alouette Correctional Centre for Women
Fort Smith Correctional Complexes
Women's Correctional Centre, Headingley
Joliette Institution for Women
Nova Institution for Women
Fraser Valley Institution for Women
Edmonton Institution for Women
Okimaw Ohci Healing Lodge
Grand Valley Institution for Women

In B.C., 23 babies were born to incarcerated women between 2008 and 2013, when Alouette's mother-baby program was shut down

Of these babies, 12 were put in foster care

Since Alouette's program reopened in 2013, 3 babies have been born in B.C. provincial jails

2 babies were put in foster care

1 baby was released with the mother

Currently there are 3 babies living with their mothers in federal prisons

BEIJING SMOG LEVELS HIT DANGEROUS HIGH A Chinese police officer wears a protective mask as he stands in a very hazy Tiananmen Square on a day of heavy pollution on Nov. 30 in Beijing, China. China's capital and many cities in the northern part of the country recorded the worst smog of the year, with air quality devices in some areas unable to read such high levels of pollutants. KEVIN FRAYER/GETTY IMAGES

Summit an 'act of defiance': Obama

COP21

U.S. president delivers salute to Paris, urges climate action

Pushing for a powerful climate deal, President Barack Obama called the global talks opening Monday outside Paris an "act of defiance" against terrorism that proves the world stands undeterred by Islamic State of Iraq and the Levant-linked attacks in Europe and beyond.

Obama used his speech to more than 150 world leaders to salute Paris and its people for "insisting this crucial conference go on" just two weeks after attacks that killed 130 in the French capital. He said leaders had converged to show resolve to fight terrorism and uphold their values at the same time.

"What greater rejection of those who would tear down our world than marshalling our best efforts to save it," Obama said.

Obama's remarks came at the start of two weeks of make-or-break negotiations to finalize a sweeping global agreement to cut carbon emissions and hopefully stave off the worst effects of climate change. Obama exhorted leaders here to fight the enemy of cynicism — "the notion we can't do anything" about the warming of the planet.

After sketching dire threats of submerged nations, abandoned cities and ever-worsening flooding and natural disasters, Obama insisted that the grim future "is one that we have the power to change." He urged leaders to "rise to this moment," invoking the late Martin Luther King Jr.'s observation that there's such a thing as being too late to a cause.

"That hour is almost upon us," Obama said.

As the conference kicked off, the Obama administration announced it was pledging $51 million to a global fund to help poorer countries adapt to climate change. THE ASSOCIATED PRESS

MILESTONES

1 Montreal, 1987: Governments adopt a treaty pledging to restrict emissions of chemicals damaging the ozone layer.

2 London, 1990: The first scientific assessment of climate change is released.

3 Kyoto, Japan, 1997: The Kyoto Protocol is adopted, setting binding emissions targets for wealthy countries. The U.S. doesn't join the treaty, claiming it would harm the economy.

4 Durban, South Africa, 2011: UN climate talks produce a major breakthrough as countries agree to adopt a universal agreement on climate change in 2015 that would take effect five years later and apply to all of them.

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UNITED STATES

Charges laid after shooting rampage

The man accused of a deadly shooting rampage at a Planned Parenthood clinic in Colorado Springs was told Monday that he will be charged with first-degree murder in the killing of three people, including a police officer, during the standoff at the facility.

Speaking in a raspy voice, white-bearded suspect Robert Lewis Dear appeared via a video hookup from El Paso County Jail, where he has been held since surrendering to police after the five-hour siege on Friday.

9

The rampage sent nine other people to hospital.

Public Defender Daniel King, who represented Colorado theatre shooter James Holmes, stood beside Dear and will act as his counsel. Dear is expected to be formally charged on Dec. 9.

Dear, 57, is accused of fatally shooting a university police officer who tried to stop the attack, an Iraq war veteran and a mother of two inside the clinic.

The rampage sent nine other people to a hospital.

Colorado Springs police have declined to disclose any information on a motive for the attack, and a judge ordered the sealing of investigatory court documents at the request of prosecutors.

A law enforcement official said Dear told authorities "no more baby parts," after being arrested.

The official said the comment was among a number of statements Dear made to authorities after his arrest, making it difficult to know his specific motivation.

The law enforcement official spoke on condition of anonymity because the official was not allowed to publicly discuss the ongoing investigation.

U.S. Attorney John Walsh said investigators have been in touch with lawyers from the Justice Department's Civil Rights and National Security divisions, a move that suggests officials could pursue federal charges in addition to state homicide ones. Walsh did not elaborate.

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IN BRIEF

Suicide bomber kills nine, injures 21 in Baghdad

A suicide bomber targeted Shiite Muslims taking part in an annual pilgrimage in Baghdad on Monday, killing nine people and wounding another 21, Iraqi security officials said.

The attack targeted a checkpoint along a route used by Shiite pilgrims in the northern Baghdad neighbourhood of al-Shaab. Four soldiers who were guarding the route were among the dead. It was the first attack on Shiite pilgrims in Baghdad during the lead-up to the religious commemoration known as Arbaeen.

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Whaling fleet sets sail

Japan's whaling fleet will leave Tuesday for the Antarctic for a three-month, scaled-down hunt, the government said, despite protests from opponents who say Tokyo has not proven that whales need to be killed for research.

The expedition will be the first since the International Court of Justice ruled last year that the hunts were not truly scientific, forcing Tokyo to revise its Antarctic whaling plans.

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RUSSIA

Turkey hit with produce ban

Russia will restrict imports of Turkish fruits and vegetables as part of a package of new sanctions following the downing of a Russian warplane by Turkey last week.

Deputy Prime Minister Arkady Dvorkovich said Monday that the produce ban could be deferred for "several weeks" to allow Russian firms to find new suppliers and curb price rises, according to state news agency RIA Novosti.

Russia has previously banned food imports from the European Union and United States over the Ukraine crisis, a measure which has been blamed for fueling price rises of food on the Russian market.

The new measures against Turkey announced at a meeting chaired by Prime Minister Dmitry Medvedev also include limits on Turkish construction firms' ability to sign new contracts in Russia and restrictions on road transport.

The measures come two days after Russian President Vladimir Putin issued a decree ordering sanctions against Turkey and calling for imports to be restricted, although he did not specify which goods were to be banned.

On Monday in Paris, Putin claimed that the plane was shot down to protect what he described as Turkish profiteering from illegal imports of oil produced by Islamic State of Iraq and the Levant rebels in Syria.

A trader prepares vegetables for customers **at the Dorogomilovsky food market in Moscow.**

ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

The new measures come on top of some already published in Putin's decree Saturday, such as an end to visa-free travel for Turks in Russia and to extensions of labour contract for Turks working in Russia as of Jan. 1.

The decree also called for ending chartered flights from Russia to Turkey and for Russian tourism companies to stop selling vacation packages that would include a stay in Turkey.

Meanwhile, Turkish Prime Minister Ahmet Davutoglu said his country would not apologize to Russia for shooting down the warplane and said he hoped Russia would reconsider sanctions.

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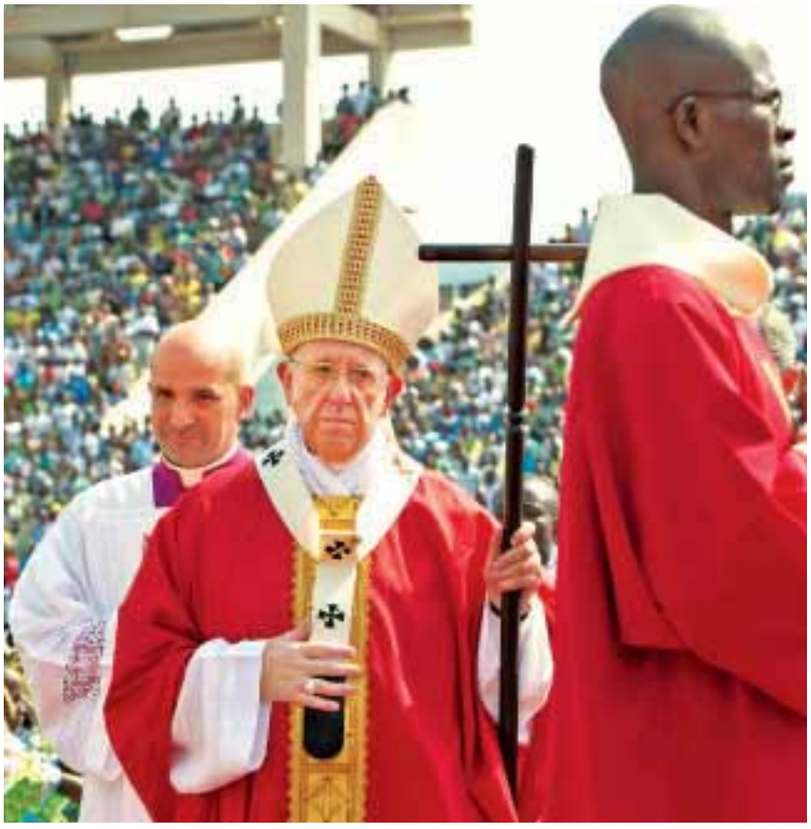

Pope Francis celebrates a mass in the Barthelemy Boganda Stadium, in Bangui, Central African Republic, Monday. L'OSSERVATORE ROMANO/THE ASSOCIATED PRESS

Pope helps to heal a divided capital

CENTRAL AFRICAN REPUBLIC

'War is over' — visit of Francis immediately reaps rewards

Pope Francis made a historic visit to the last remaining Muslim neighbourhood in Central African Republic's capital Monday, a move that almost immediately opened up a part of the divided city troubled for months by retaliatory violence between Muslim and Christian militias.

Moments after he left, hundreds of Muslims who had essentially been barricaded inside by armed Christians burst into what had been a no-man's land only a day earlier. Some jubilant residents even followed the pope into the city centre shouting, "The war is over!" — a hopeful sign for potential reunification.

The bold visit by the pope, who travelled into the most volatile part of Bangui in his open-air popemobile, underscored his message of faith over fear. He was not without heavy security, though, including armed peacekeepers in the central mosque's minarets high above the crowds.

Francis had insisted on visiting the PK5 neighbourhood to appeal for peace in a country where two years of Christian-Muslim violence has forced nearly 1 million people to flee their homes, including thousands living in a camp at the airport, amid wrecked planes. The neighbourhood's once vibrant markets are now largely shuttered and many of the Muslim-owned businesses stand in ruins.

At the Central Mosque, Pope Francis removed his shoes, bowed his head and stood silently at the mihrab, or area of the mosque that faces Mecca.

About 200 men seated inside the mosque welcomed Francis, who sat on a sofa next to the imam. In comments, Francis said that Muslims and Christians are brothers and must treat each other as such.

"Christians and Muslims and members of traditional religions have lived peacefully for many years," the pontiff said. "Together, we say 'no' to hatred, to vengeance and violence, especially that committed in the name of a religion or God."

The mosque's chief imam, Tidiani Moussa Naibi, thanked Francis for his visit, calling it "a symbol which we all understand." THE ASSOCIATED PRESS

BACKGROUND

Power vacuum filled

Central African Republic descended into conflict in 2013 when Muslim rebels overthrew the Christian president. That ushered in a brutal reign. When the rebel leader left power the following year, a swift and horrific backlash against Muslim civilians ensued.

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THAILAND

'Fast and Furious' trafficker too slow

A French drug trafficker who was part of a notorious international network that authorities say copied tactics from Hollywood's Fast and Furious films was arrested in Bangkok, officials said Monday.

Andre Cabau, 39, was arrested for entering Thailand with a fake French passport and will be deported to continue serving a sentence in France on drug trafficking charges, Thai and French police said at a news conference.

"He's a big fish," said Catherine Occhini, a French police attache at the French Embassy in Bangkok. "He was a big trafficker and specialized in moving drugs around Europe."

> **He's a big fish. He specialized in moving drugs around Europe.**
> Catherine Occhini

Cabau, who was arrested in 2005 in the French city of Marseille, was convicted in 2007 and sentenced to seven years in prison, but was released early on parole that required him to remain in France, Occhini said.

He fled to Thailand, and entered most recently in 2013 on a fake passport, police said. He was living in Thailand under a fake name, Andre Donatho, with a Thai wife and young child on the resort island of Koh Samui, said police Maj. Gen Apichart Suribunya. He also had a luxury apartment in central Bangkok, where he was arrested Nov. 20.

French authorities worked with Interpol to track him and then alerted Thai police, Occhini said. Cabau's network smuggled cocaine, Ecstasy and other drugs from Belgium, the Netherlands and Luxembourg into France, according to a statement from Thai police.

"Their actions copied the famous movies Fast and Furious, where they used high-speed cars to transport the drugs," said Thai police Gen. Wut Liptapanlop.

To emphasize the parallel, police showed a video clip of an apparently unrelated high-speed car chase. Cabau sat handcuffed at the news conference and told reporters, "Yes, I admit that I used high-speed cars."

THE ASSOCIATED PRESS

IN BRIEF

Decision on Pistorius prison return expected

An official says a top South African appeals court is finalizing a decision on whether to send Oscar Pistorius back to prison by overturning a lower court's manslaughter conviction and finding the double-amputee Olympian guilty of murdering girlfriend Reeva Steenkamp.

Pistorius, 29, was released from jail on Oct. 19 after serving a year in prison and is under house arrest. THE ASSOCIATED PRESS

Kosovan opposition vow to take to the streets

The opposition in Kosovo said Monday it would turn to street protests to get the government to cancel deals with Serbia and Montenegro after its lawmakers were barred from Parliament after they again broke up a session with tear gas. The opposition has pledged that no sessions will take place until the government renounces a deal with Serbia giving more powers to ethnic-Serb communities in Kosovo and another with Montenegro on border demarcation.

THE ASSOCIATED PRESS

JOB OPPORTUNITY

DEMOCRACY IS STRONGER WITH ALL OF US

Enumerators wanted
to collect names for the voters list. Positions begin in February for the April 19 provincial election.

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ElectionsManitoba

Upgrade holdouts impact smartphone firms profits

TECHNOLOGY

New features, software aim to encourage trade-ups

Between splashy launches, lavish new-phone offers and frequent software updates that slow down your old handset, it sometimes feels like the technology industry is pushing you to buy the latest smartphone. Yet some holdouts resist.

More than 90 per cent of smartphone users trade up for newer models within two years, says Ramon Llamas at research firm IDC. But a fraction continue to cling to older phones, some three to four years old — or more.

These upgrade holdouts have different reasons for standing athwart techno-progress. Some reject the trend toward ever-larger screens, preferring smaller phones that are harder to find these days. Others simply aren't wowed by the latest features, or see no reason to spend hundreds of dollars when their current phones still work fine.

"Just as we saw with PCs and tablets, lifetimes on people's devices are generally getting a bit longer," says Bob O'Donnell, chief analyst at Technalysis Research.

Every customer counts these days. Overall smartphone sales are slowing down — particularly in industrialized markets such as the U.S., where most people who want a smartphone already have one. Some manufacturers have turned to emerging markets for new sales, but many customers there can afford only cheaper devices. To keep making money on premium phones, Apple, Samsung and their rivals are counting on regular upgrades.

> **Lifetimes on people's devices are generally getting a bit longer.**
> Bob O'Donnell

To encourage upgrades, manufacturers have been packing new phones with cutting-edge hardware. Phones also get new system software every year, and many apps require the latest updates. Although many older phones can get the latest versions of Google's Android or Apple's iOS software, the updates can slow them down, and the phones sometimes don't support all the new features.

O'Donnell says smartphone technology is "hitting the top of a curve." As a result, each new model brings tweaks and refinements rather than new must-have features.

THE ASSOCIATED PRESS

More than 90 per cent of smartphone users trade up for newer models within two years, but a fraction cling to older phones, like this Pantech C3 flip phone. THE ASSOCIATED PRESS FILE

PRIVACY

BlackBerry to exit Pakistan

BlackBerry Ltd. is delaying a plan to stop operating in Pakistan, but remains committed to closing up shop in that country rather than accept demands by authorities for "unfettered" access to all customer information on its BES servers.

The Canadian smartphone company says in a blog post that it will continue to operate in Pakistan until Dec. 30 as a result of a one-month extension to a compliance order issued by the Pakistan Telecommunications Authority in July.

BlackBerry had said previously that it would pull out of Pakistan rather than comply with a demand for full access to content on its BlackBerry Enterprise Service by Nov. 30.

The company says the Pakistani government wants the ability to monitor all traffic in the country, including every BES e-mail and BES BBM message. BES communications are routed through the company's servers in Canada.

BlackBerry says it's willing to work with Pakistani authorities to protect public safety, but that the privacy of its customers is paramount and something on which it won't compromise.

BlackBerry operations chief Marty Beard said in a blog post that the company recognizes the need to co-operate with lawful government investigations of criminal activity, but it has never permitted wholesale access to BlackBerry servers.

The company has built its reputation on security, buying up specialized software firms and marketing its phones, including the new Priv, on their privacy features.

This isn't the first time BlackBerry has faced a potential ban from a number of countries.

Pressure eased after BlackBerry, previously know as Research in Motion, was able to convince each country to comply with its existing lawful access policies.

THE CANADIAN PRESS

BlackBerry has built its reputation on security — marketing its phones, including the new Priv above, on their privacy features. THE ASSOCIATED PRESS FILE

BAN THREATS

Not the first time
India and several other countries, including Saudi Arabia and the United Arab Emirates, threatened to ban BlackBerry in 2010 because of the company's refusal to hand over control of customer data.

CLIMATE CHANGE

Centre seeks way to cut weather damage

The University of Waterloo and Intact Financial Corp. have created a new research centre that will look for new ways to reduce weather-related property damage linked to climate change.

Intact will initially provide $4.25 million for a program focused on how to protect Canadian communities from severe precipitation, such as unusually heavy rains and ice storms.

Another program will identify how various Canadian industrial sectors are vulnerable to extreme weather.

The new Intact Centre on Climate Adaptation will be based in the university's environment faculty. The centre will monitor applied research from around the world and conduct its own research.

The ICCA will also launch a national Home Adaptation Audit Program (HAAP) to assess the vulnerability of homes to flood damage, and make specific recommendations to help homeowners avoid costly damage from extreme weather.

Intact has been warning for several years that weather-related events such as unusually heavy rainfall have become a major challenge to the insurance industry, consumers and business.

Blair Feltmate, the University of Waterloo professor who will lead the new centre, previously worked with the company on 20 pilot projects in five provinces.

Intact provided $700,000 for the pilot projects, including $75,000 to create more porous ground by ripping up paving in Calgary and the Ontario communities of Mississauga, Peterborough, Kingston and Ottawa.

THE CANADIAN PRESS

$75,000

The amount Intact provided for a pilot project to create more porous ground by ripping up paving in Calgary and the Ontario communities of Mississauga, Peterborough, Kingston and Ottawa.

SELF-DRIVING CARS

Distracted driving found to be safer

New cars that can steer and brake themselves risk lulling people in the driver's seat into a false sense of security — and even to sleep. One way to keep people alert may be providing distractions that are now illegal.

That was one surprising finding when researchers put Stanford University students in a simulated self-driving car to see how they reacted when their robo-chauffeur needed help.

The experiment was one in a growing number assessing how cars can safely hand control back to a person when their self-driving software and sensors are overwhelmed or overmatched.

The elimination of distracted driving is a major selling point for the technology. But in the Stanford experiment, reading or watching a movie helped keep participants awake.

Among the 48 students put in the driver's seat, 13 who were instructed to monitor the car and road began to nod off. Only three did so when told to watch a video or read from a tablet.

Alertness mattered when students needed to grab the wheel because a simulated car or pedestrian got in the way.

Though research is ongoing, it appears that people need at least five seconds to take over.

THE ASSOCIATED PRESS

IN BRIEF

Menus get salt warnings
New York City begins a new era in nutritional warnings this week, when chain restaurants will have to start putting a special symbol on highly salty dishes. The first-of-its-kind rule, which takes effect Tuesday, will require a salt-shaker emblem on some sandwiches, salads and other menu items that top the recommended daily limit of 2,300 milligrams of sodium.

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market minute

DOLLAR 74.89¢ (+0.11¢)
TSX 13,469.83 (+101.59)
OIL $41.65 US (-6¢)
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NATURAL GAS: $2.235 US (+2.3¢)
DOW JONES: 17,719.92 (-78.57)

metro VIEWS
Your essential daily news
Tuesday, December 1, 2015

the big question

Should we allow scientists to edit human genes?

RESEARCHERS DISAGREE ON THIS POINT. Hundreds of experts and ethicists from around the world are holding a summit in Washington,D.C. this week to debate the limits of **human genome editing**, a biological cut-and-paste tool that lets scientists to spot a defective gene in a living cell and swap it out for a good one. The technique hasn't made its way out of the lab yet, but the potential is huge for treating and understanding disorders from cystic fibrosis to miscarriage, HIV/AIDS and cancer. The debate: Should manipulation be allowed on sperm, egg and embryonic cells? Such changes could affect future people who didn't give their consent. Already, a Chinese team has attempted to modify human embryos left over from in vitro fertilization, aiming to correct a deadly genetic disease. (They're still far from being able to safely attempt a pregnancy with an altered embryo). Attendees at the meeting will also hash out where the lines should be between treating illness, improving function, and selecting for desirable traits — creating so-called "designer babies." SOURCE: THE ASSOCIATED PRESS

Pro-life rhetoric paved the way for violence

Michael Coren
For Metro

We're not precisely sure why 57-year-old loner Robert Lewis Dear attacked a Planned Parenthood clinic in Colorado Springs and murdered three people. By all accounts he is a troubled, mentally unstable man, but officials from Planned Parenthood claim he had also expressed hostility to abortion and to their organization in particular.

What we do know is at least four Planned Parenthood clinics have been targeted by arson attacks in the past few months alone, and the police have been alerted to dozens of direct threats of violence.

This is not about love for babies, but hatred for those who are pro-choice.

There is nothing new, of course, about abortion providers being attacked — even in Canada — but Planned Parenthood has been a particular target after anti-abortion activists posted videos that they claim prove the women's health organization sells baby parts and performs abortions directly for profit.

Planned Parenthood argues the films are heavily edited and strongly misleading, but the result has still been a campaign of harassment, intimidation and abuse unprecedented in the abortion debate.

The facts are a little less absolute than the so-called pro-life movement would have us believe. Most of Planned Parenthood's work has nothing to do with abortion and deals with women — often from poor backgrounds — who require basic help with female health issues. Quite simply, without Planned Parenthood they would suffer terribly and could even die. How ironic that the strongest critics of the organization are so opposed to Obamacare and any form of public medicine.

Abortion itself, however, is a delicate, nuanced and complex issue. Nobody likes the idea, but most people understand the need for reproductive choice. In all honesty, I wish we could reduce the rates of abortion, but I would try to achieve this by providing universal access to contraceptives, ensuring a good and modern sex education as early as possible, empowering women and eradicating poverty.

The leading opponents of Planned Parenthood disagree. They want criminalization of abortion and the closing of clinics, and most of them reject contraception and certainly oppose any sex education worthy of the name.

The other aspect of all this is the incendiary nature of the language used by abortion opponents, to such a grotesque degree that violence seems almost inevitable. I spent the weekend researching online articles even by mainstream anti-abortion groups, and their use of Nazi imagery and accusations of "baby slaughter," "genocide" and "mass murder" are legion. The illustrations they use are vile.

Even I have been targeted in the past 48 hours with the most obscene and accusing comments merely for calling for a lowering of the volume of the discussion. This is not about love for babies, but hatred for those who are pro-choice. And I fear we have not seen the last of it.

Michael Coren is a writer, broadcaster and author of the forthcoming Epiphany: A Christian's Change of Heart & Mind over Same-Sex Marriage.

ROSEMARY WESTWOOD

metroview

There is no 'greatest country in the world.' And that's a good thing.

I've just returned from Amer'ca, a nation so self-glorified that even its most vicious homegrown critics remain obsessed, if bitterly so. Every American's favourite topic is America.

As with any time I leave our borders, people asked me, "So, you're from Canada?" (Silence.) "Sorry, I don't know anything about Canada."

But don't tell that to those who, in the context of welcoming Syrian refugees, are deeming this the "best/greatest country in the world/on earth." They include a Toronto newspaper columnist, a Manitoba First Nations chief, and a former Sudanese refugee in Saskatoon.

It's a phrase well loved by Stephen Harper, one adopted with regularity by his MPs. It was tweeted by Justin Trudeau in 2013, then softened slightly in campaign mode to wanting his kids to "grow up in the best country in the world." And we're but a mere shadow of American political boasting.

The claim is not only a terrible cliché as well as perpetually incorrect — it's also dangerous.

It doesn't matter that, as in the recent Canadian cases, our supposed superiority is being used to argue that we should welcome refugees into our wonderfulness.

Once you decide someone — or a whole culture — is below you, it's much easier to deny their humanity. That is how we practise cruelty, and excuse it. Once you set up a hierarchy — and that "we" are at the top of it — only conflict can follow.

Indeed, it is following in France. The homegrown terrorist attack in Paris has swiftly become a talisman of the nationalist, far-right party. Anti-immigrant and anti-Islam sentiments are finding new wind. Even before the attacks, small-town far-right politicians were railing against the spread of the kebab shop as a threat to the boulangerie, and immigrants have fought to be viewed as equally French.

It's not that we — the West — don't have values or privileges worth defending. You can even keep your mild pride, if you must, but as the EU's ambassador to the U.S. recently told Foreign Policy magazine, "We know where an excessive nationalism can take you in Europe and we never want to go back there again."

So let's not tell nice lies of superiority. Being the best in the world is a hyperbolic goal worthy of Donald Trump or Kim Jong-un, and we don't need raging nationalism to provide the basics to those fleeing war, namely safety, freedom, and hope.

Those aren't the hallmarks of some mythical, exalted society, but they are foundations of many quite good ones.

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Pink named UNICEF ambassador to raise awareness for child hunger, healthy living

INTERVIEW

Activist Jordan Figueiredo redefines the shape of fruit and veg waste

There is more to deformed produce than ridicule and contempt — just ask Jordan Figueiredo.

When not at his day job as a solid waste specialist for the Castro Valley Sanitary District in California's Bay area, Figueiredo runs the immensely successful @UglyFruitAndVeg campaign, one of the Internet's leading vehicles in the fight against food waste. It isn't a frivolous or quirky endeavour: in the United States, 26 per cent of produce is discarded before it gets to the grocery store. A lot is tossed out because it isn't the right size, shape or colour.

That's where Figueiredo comes in. He has used Twitter, Instagram, Facebook and Pinterest to spread awareness about produce that is rejected by large grocers because it's not perfect. He also writes articles and gives talks.

Changing produce beauty standards

COURTESY THE @UGLYFRUITANDVEG CAMPAIGN

It is shocking to think that a quarter of produce never makes it to the stores, that it gets wasted.
It is wasted at harvest, post-harvest, selecting what is good. It is grocers and marketing associations that say produce has to be a certain size and way to meet cosmetic standards. It's easier for them (grocers) to stack, the produce looks perfect.

Size is the biggest reason (for discarding), not blemishes. It is really bizarre how it is.

I've never understood why produce has to look good.
People believe that ugly produce isn't perfect, that there is something bad about it. I was like that, too. I think we have been conditioned that way — all we ever saw was perfect-looking produce, same-shape apples, size and colour. Even at farmers' markets, I found that produce that wasn't perfect gets turned over. It is basically a developed-world problem.

The campaign has a massive following on social media. How did you make — as some would say — ugly produce look so pretty and palatable?
People have been drawn in because these images are quirky and funny. I used to post just what I saw. I get photos from all over the world now. It started slow — I would just post pictures but once I started writing funny captions that is when it started to take off. One time, Jamie Oliver (the British celebrity chef) retweeted four tweets and my phone didn't stop buzzing!

What do you want the campaign to achieve?
It's really simple: all stores should sell all produce. There is nothing wrong with deformed fruits and vegetables. Also, it is a burden for farmers. For the most part, farmers barely make a living in the U.S. and in Canada. If their produce isn't accepted by grocers, they have to throw it away and they lose money. Big grocers can sell all this produce, with incentives or without. Changing the way they do business is an uphill climb.

Is there one vegetable or fruit that tends to be more imperfect or quirky than others?
Carrots are funny. I could post carrot pictures every single day. The shapes can be amazing: a carrot can look like a hand with five fingers, a carrot can be intertwined with another to make it look like someone making love. I can't even post some of them because they are so graphic.

This interview has been edited and condensed for length and clarity. TORSTAR NEWS SERVICE

Carrots are funny. I could post carrot pictures every single day.
Jordan Figueiredo

Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Breakfast cereals

We've always heard breakfast is the most important meal of the day. A nutritious bowl of cereal is a quick and easy way to get energized in the morning. While we know the candy-coloured kid's cereals are ones to skip, not all whole grain cereals are as healthy as you'd think. Also, the indicated serving size is rarely followed, since we tend to pour freely. A 2-cup serving is more realistic.

PICK THIS

Multi-Grain Cheerios (2 cups)

Calories 220
Fat 3g
Sugar 12g (3tsp)

SKIP THIS

Maple Raisin Nut Muslix (2 cups)

Calories 613
Fat 12g
Sugar 40g (10tsp)

HERE'S WHY

Equivalent: same amount of sugar as four Tim Hortons Chocolate Dip doughnuts

Whole grains are a great choice for breakfast, making both Multi-Grain Cheerios and Muslix seem like comparable choices for a smart cereal, but take a closer look. Muslix does have healthy whole grains, barley, fruits and nuts, but there is close to three times the calories and sugar, and four times the fat. Though much of this is due to the addition of nuts and dried fruit, the coconut and palm oil in the Muslix is not necessary. Enjoy the Cheerios and add your own fresh fruit (not dried) and just a sprinkle of nuts or seeds to make for a more nutritious breakfast.

NOTICED NATIONWIDE THE DRESS Weather reporters across the U.S. have been wearing the same dress from Amazon. The dress was reportedly originally shared to a private Facebook group for weather broadcasters, and took off from there because it adhered to the guidelines meteorologists are subject to when it comes to what they can wear on TV. "At $23 we could buy a handful of these dresses for what we normally pay for just one," Meteorologist Shelby Hays told TechInsider." Many female meteorologists are subject to a strict dress code for what they can and cannot wear on air. Patterns are considered 'too busy' and there are often regulations on sleeve length or style," Tech Insider reported. FUJITAGIRL83/IMUGR.COM

JOHANNA SCHNELLER **WHAT I'M WATCHING**

A strained self-awareness

Doll & Em: Season 2, Episode 5 (HBO)

The actress Emily Mortimer (The Newsroom) and her best friend Dolly Wells, playing fictionalized versions of themselves, have written a semi-autobiographical play that's about to open off-Broadway. The rehearsal process has been fraught; there's palpable tension between the playwrights and the actresses playing them, Olivia Wilde and Evan Rachel Wood. Now all four women are sitting with an eager reporter.

"Why did you cast much younger actresses to play you?" the reporter asks Em.

"I wouldn't say 'much' younger," Em demurs.

"Oh, yes, much," Wilde and Wood sputter.

"At least ten years," the reporter says blithely.

"Really, ten years?" Em mutters, rattled yet irked.

This series is nothing if not subtle — the humour sneaks up on you. Only after I finished all 12 episodes (divided over two seasons) did I really get it: It's about reinvention.

How easy it is to get stuck in one definition of ourselves. How much we yearn to change, to become someone no one expects us to be. And how difficult it is to break out of that box — because of self-doubt, yes, but also because others don't want us to.

Wells and Mortimer, creators and stars of Doll & Em. CONTRIBUTED

The show's creators, Mortimer, Wells, and Azazel Jacobs, made the smart decision to throw no external obstacles in Doll and Em's path: They easily land a producer, a theatre, a cast. So they'll either succeed by their talent, or fail on their limitations. Em is a star and Doll a civilian, but their problem is the same: Whatever happens, it's all on them.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

BREAKUPS

Joe Jonas is apparently jealous

Should we be worried about Joe Jonas? He's apparently not taking the news of ex-girlfriend Gigi Hadid shacking up with Zayn Malik very well — at least if his social media activities are any indication.

Just as Hadid's new romance was starting to heat up, Jonas went and unfollowed her on Instagram — which, to be fair, makes sense. But he also unfollowed Malik, probably because the former One Direction member is likely to start posting photos of Hadid now that they've reached the hand-holding-in-public stage of their relationship. And then — and then! — Jonas also deleted a photo from Twitter taken back in June of him with Malik and Kanye West hashtagged "squad." Guys? He really seems upset. NED EHRBAR/METRO

LIFESTYLE

Katie Holmes is not relatable

Katie Holmes does a terrible job of trying to come off as a relatable New Yorker in her new Ocean Drive magazine profile, and it's kind of amazing.

"I'm a normal person and I do walk around," she insists. "If you're having a bad day, you just take a walk, and it's not only that you see people who are having a worse day than you, it's just that you're in life. You suddenly can't be stuck in whatever problem you're in because you have to hail a cab or you have to get a subway ticket. There's more than just you, and I think the harsh winters give you a little bit of character."

OK, where to begin? How about with the whole making yourself feel better by seeing people worse off than you? That's bold. Also, subway ticket? Not that I believed she actually took the subway, but still. NED EHRBAR/METRO

GOSSIP IN BRIEF

Saget not at Olsen's intimate wedding

Are you bummed that you didn't score an invitation to Mary-Kate Olsen's swanky Manhattan wedding to Oliver Sarkozy this weekend?

Well, at least you're in good company. Full House co-star Bob Saget didn't get one either.

"I was not invited, but I'm very happy and I sent a Mazel tov text," Saget tells the Today show. "I hope they're happy."

So what did you and Saget miss out on? In appropriately French fashion, the reception reportedly featured "bowls and bowls filled with cigarettes, and everyone smoked the whole night," according to Page Six. NED EHRBAR/METRO

Christmas with Ray St. Germain
Dinner and a Show
hosted by
Chicken Chef
3770 Portage Avenue, Winnipeg MB
Thursday, December 3rd, 2015
featuring: Ray St. Germain
Dinner includes: Salad, Main Course, Dessert and Coffee, Tea or Fountain Drink
Following dinner there will be a MEET AND GREET with this Incredible Entertainer!
1st show: Doors open at 4:30 pm, show at 5:00 pm
2nd show: doors open at 7:00 pm, show at 7:30 pm
Tickets: $30

Right-handed starter Johnny Cueto has reportedly rejected a six-year, $120-million offer to join the Arizona Diamondbacks

Eskimos shed mediocre tag

CFL

Longtime staff, players, fans rewarded with Grey Cup

The Edmonton Eskimos returned home with the Grey Cup Monday in what the team and fans agreed was as much a celebration of excellence as an exorcism of a decade of mediocre football.

"Having been here my entire career ... those dark years were really personal for me, and we worked tirelessly at trying to make sure that we could deliver something that these fans deserve," said Eskimo general manager Ed Hervey.

Eskimo quarterback Mike Reilly agreed, as behind him fans took pictures of the slightly pockmarked Cup as it sat on a table in the airport reception lounge.

"It's been 10 long years and we're just excited about having the opportunity to go and take that cup to our fans," said Reilly.

"We all did it together. They stuck with us through the dark times and that's what we had to go through to get to the bright times."

The Eskimos brought home their 14th Grey Cup, landing before noon at the Edmonton International Airport in a plane decorated in CFL team logos.

They were greeted by green and gold clad fans, cheering, blowing horns and singing the team's fight song.

Eskimos head coach Chris Jones carries the Grey Cup through the airport after returning to Edmonton on Monday.
JASON FRANSON/THE CANADIAN PRESS

With players, their families and fans it was over 200 people in the waiting lounge.

The Eskimos defeated the Ottawa Redblacks 26-20 at Investors Group Field in Winnipeg for their first Grey Cup win since 2005.

But it wasn't just the decade-long drought that followed that left a dry taste in fans' mouths. It was also the chronic mismanagement tinged by moments of melodrama for a team that was once the (green and gold) standard of the league.

> **"I think I'm most proud of (the fact that) the culture of the Edmonton Eskimos is back.**
> GM Ed Hervey

Until 2006, the Eskimos had not missed the playoffs since 1972, a string of 34 consecutive seasons.

The Eskimos had authored two dynasties, for three years in the mid-1950s and then five in a row starting in 1978.

But since 2006 the Eskimos have not strung together more than two consecutive playoff seasons, missing the post-season four times. When head coach Chris Jones took over in 2014, he inherited a 4-14 ballclub.

Coaches came and went: Danny Maciocia, Richie Hall and Kavis Reed.

Eric Tillman came in as general manager in 2010, traded franchise quarterback Ricky Ray, frittered away the lifeblood Canadian content on the roster, and was gone by 2012.

Anger often boiled over, like in 2009, when defensive end Xzavie Jackson, after a fight with teammate Aaron Fiacconi in practice, left the field only to return moments later, marching toward Fiacconi with a shovel. Maciocia managed to intervene.

Even Hervey, the famous former Eskimos receiver who took over for Tillman in 2012, was not immune.

Frustration in 2013 over what he was seeing on the field led him to angrily announce roster and play-calling changes that led to questions over whether Reed had become a figurehead coach.

Lori and Seth Noble, season ticket holders since 2008, endured most of that, but said they always believed the team would come around.

"We've been hanging in there through the rough years, but we've always seen really good potential," said Lori, one of the fans on hand to greet the team.

Seth said they had come from a long night of celebrating the Cup win in Drayton Valley.

"It was great," said Seth. "It's what we've been waiting for."

THE CANADIAN PRESS

PARTY TIME

The city will host a noon-time downtown Cup celebration for the Eskimos on Tuesday.

'We've been built to do this multiple times'

Mike Reilly doesn't see the Edmonton Eskimos being one-hit wonders.

The Grey Cup MVP believes the Eskimos have the framework in place to win multiple championships.

"We'll celebrate it, recoup for a couple of months but then the work gets that much harder because we're not built to do this once," Reilly said. "With the GM we have, the coaching staff we have and the players they've brought in, we've been built to do this multiple times and it's on us to make sure that happens."

The road to the Grey Cup hasn't always been a smooth one for Reilly and the Eskimos. In 2013, the club finished last in the West Division with a 4-14 record before hiring head coach Chris Jones.

In 2013, Edmonton showed marked improvement, finishing second in the conference with a 12-6 record. But Calgary was a huge thorn in the Eskimos' side, sweeping the season series 4-0, including a one-sided 43-18 victory in the West Division finale en route to capturing the Grey Cup.

But Edmonton exorcised those demons this season, finishing tied with Calgary with a CFL-best 14-4 record but garnering first in the West by virtue of winning the season series 2-1. Then the Eskimos dispatched the defending champions 45-31 in the division final.

"It's been a process," Reilly said. "I think through the 4-14 season we learned how not to win, we learned how to lose the close games.

"Last year we learned how to win those close games but we learned how to lose the big games. This year we finally learned how to win the big ones. It's been a three-year process in my mind and that's why I say I think we've been built for the long haul to do this multiple times."

THE CANADIAN PRESS

GM'S WORRIES

Edmonton GM Ed Hervey has plenty of work to do this off-season, with the likes of kicker Sean Whyte, running back John White, receivers Adarius Bowman and Shamawd Chambers (Grey Cup's top Canadian), defensive lineman Almondo Sewell, linebacker J.C. Sherritt and defensive back Aaron Grymes all projected to become free agents. And then there's Chris Jones, who the Saskatchewan Roughriders are reportedly interested in speaking to regarding their vacant head coach/GM positions.

Mike Reilly
GETTY IMAGES

McDavid's rehab is flying but not facing Leafs 'sucks'

NHL

Oilers' star sad to miss Toronto game but return to ice is closer

Connor McDavid will have to wait at least another 11 months to play his first NHL game at Air Canada Centre. He won't have to wait as many months as feared to get back into game action.

Originally considered out "months" with a broken left clavicle, McDavid said Monday that his rehab is ahead of schedule. This year's top draft pick who was injured Nov. 3 isn't skating yet, but he says he's pain free and hopes to be back sooner than expected.

"Obviously it's healing well," McDavid said. "It's kind of the long run where it feels good and you want to start doing everything, but at the end of the day you've still got to let it heal." McDavid, considered a generational talent, had five goals and seven assists in his first 13 games with the Oilers. That kind of start made him a front-runner for the Calder Trophy as rookie of the year.

He was starting to feel comfortable at the pro level when he slammed into the boards in Edmonton against the Philadelphia Flyers and broke his collarbone. Coach Todd McLellan called McDavid a "catalyst" who made teammates, namely Nail Yakupov, better.

> **We just seem to find ways to lose games.**
> Connor McDavid on the Oilers' form since his injury

"We think that Connor is one of our top players as an 18-year-old," McLellan said before Edmonton's 3-0 loss to the Toronto Maple Leafs on Monday. "You take anybody's star player out and it's a big hole to fill."

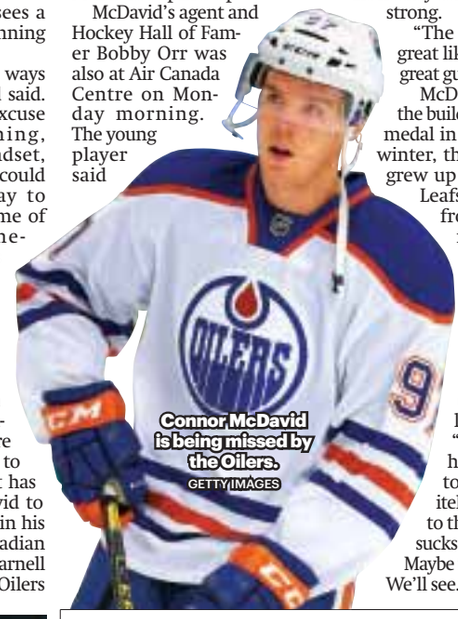
The Oilers were 5-8-0 with McDavid in the lineup and are 3-7-2 since. A victory in Pittsburgh on Saturday made for a better mood around the team, but it's clear there's a ways to go.

From afar, McDavid sees a team that is close to winning but not close enough.

"We just seem to find ways to lose games," McDavid said. "I know that's not an excuse or anything, it's a mindset, and if we could find a way to switch some of those one-goal games around we'd be in a different situation."

McDavid said he'll let doctors figure out when he'll be able to return. In the meantime he's warming up his shoulder before working out and trying to stay in shape. Mentally it has been difficult on McDavid to miss so much time early in his professional career. Canadian world junior teammate Darnell Nurse said he and other Oilers players have been trying to keep McDavid's spirits up.

McDavid's agent and Hockey Hall of Famer Bobby Orr was also at Air Canada Centre on Monday morning. The young player said the support he has received from the hockey community has been strong.


Connor McDavid is being missed by the Oilers. GETTY IMAGES

"The hockey world is great like that, they're all great guys," McDavid said.

McDavid was back in the building he won a gold medal in with Canada last winter, the same place he grew up watching Maple Leafs games as a fan from nearby Newmarket. He was disappointed not to be able to take the ice in Toronto for the first time in the NHL.

"Obviously this one hurts a lot," McDavid said. "You want to play here in your hometown. I was definitely looking forward to this one, for sure. It sucks, but it is what it is. Maybe for the World Cup. We'll see." THE CANADIAN PRESS

NHL IN BRIEF

Rangers' Stepan out for 4-6 weeks with broken ribs

Rangers coach Alain Vigneault said centre Derek Stepan will miss four to six weeks because of broken ribs.

Vigneault made the announcement Monday following the New York Rangers' morning skate. Stepan injured the ribs in Friday's loss to Boston. He has six goals, six assists in 23 games this season. THE ASSOCIATED PRESS

First star for Dallas' Benn

Dallas Stars left-wing Jamie Benn, Washington Capitals goaltender Braden Holtby and Montreal Canadiens centre Alex Galchenyuk have been named the NHL's three stars of the week.

Benn shared the league lead with four goals and six points as the Stars continue their best start to a season in the franchise's 48-year history (19-5-0, 38 points). Holtby posted a 4-0-0 record with a 1.75 goals-against average, .945 save percentage and one shutout to lead the Capitals to the top of the Metropolitan Division standings. THE CANADIAN PRESS

SCORES

Clutterbuck to Islanders' rescue against Avalanche

Cal Clutterbuck broke a tie 1:52 into the third period and the New York Islanders beat the Colorado Avalanche 5-3 on Monday.

Kyle Okposo, Mikhail Grabovski, Casey Cizikas and Ryan Strome also scored and the Islanders won for the third time in four games. Thomas Greiss stopped 25 shots.

Jarome Iginla, Nick Holden and former Islander Blake Comeau each scored for Colorado, but the Avalanche fell for the fifth time in their last seven games. THE ASSOCIATED PRESS

NY Rangers continue to dominate Hurricanes

Mats Zuccarello and Oscar Lindberg scored first-period power-play goals and the New York Rangers beat Carolina 4-3 on Monday night to keep up their mastery of the Hurricanes.

Chris Kreider and Derick Brassard also scored and New York improved to 18-1-0 in its last 19 meetings with Carolina. Henrik Lundqvist made 33 saves and the Rangers ended a three-game losing streak. THE ASSOCIATED PRESS

Montreal Canadiens' goalie Carey Price BRUCE BENNETT/GETTY IMAGES

Habs facing long spell without Price

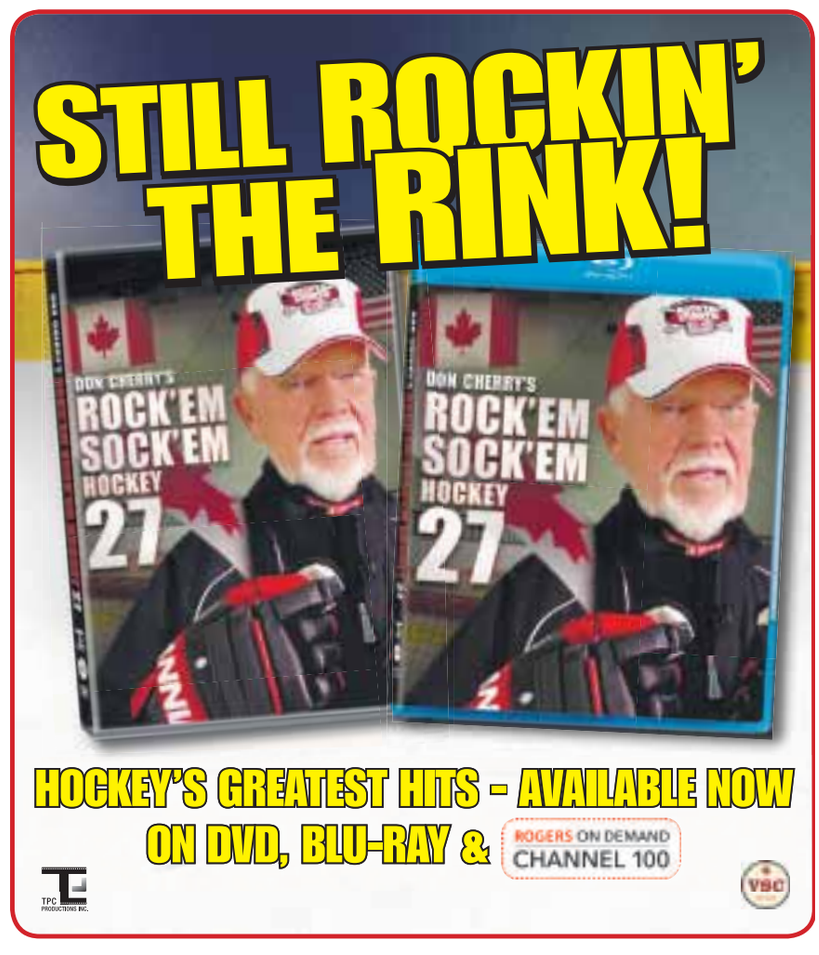
The Montreal Canadiens survived one nine-game stretch without star goaltender Carey Price, but now they'll will be missing him a lot longer. The Canadiens announced Monday that Price will be out at least six weeks with a lower body injury that he sustained during a 5-1 win over the Rangers in New York last week. He will not require surgery.

Last season's Hart and Vezina trophy winner is expected to miss at least 16 games, with only a slim chance he could return for the Winter Classic outdoor game Jan. 1 in Boston, if he heals quickly.

"He's a big part of our team," said defenceman P.K. Subban. "But if we think we're going to get any sympathy from the teams we're going to play in the next six weeks, we're not.

"The good thing is we've had to deal with not having Price in the lineup for a little while already and we know what that means. We have to pull our socks up."

The injury returns first-year back-up Mike Condon to the hot seat. The Boston-area native went 5-2-2 the last time Price was out from late October to mid-November, although he started to look shaky at the end of that run. THE CANADIAN PRESS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SOCCER

Neymar among 3 up for Ballon D'Or

Neymar made the three-man Ballon D'Or shortlist for the first time on Monday alongside Barcelona teammate Lionel Messi and title holder Cristiano Ronaldo.

The 30-year-old Ronaldo has won two consecutive world player of the year titles since ending Messi's four-year winning streak and is nominated despite failing to win any trophies with Real Madrid in 2015.

The 23-year-old Neymar, though, won a treble with Messi at Barcelona, ensuring he became the first Brazilian finalist since 2007 winner Kaka.

Neymar has 41 goals across the calendar year for Barcelona - three fewer than the 28-year-old Messi - but one blot is the four-match ban from Brazil games imposed at the Copa America following a red card.

The winner is announced at a FIFA gala in Zurich on Jan. 11.

American forward Carli Lloyd is a finalist for FIFA's women's award after scoring a hat trick that led the United States to victory over Japan in the World Cup final. Japan's Aya Miyama and Germany's Celia Sasic are the other finalists.

Jill Ellis of the U.S. is a finalist for women's team coach award along with Mark Sampson, who led England to third place, and Norio Sasak of Japan. THE ASSOCIATED PRESS

TOP COACH

Chile's Jorge Sampaoli is a finalist for men's coach of the year after winning the Copa America title. Barcelona's Luis Enrique, who led his team to the Champions League title, also is a finalist along with Bayern Munich's Pep Guardiola.

MLB

Zimmermann inks five-year Tigers deal

Free agent pitcher Jordan Zimmermann has finalized a $110 million, five-year contract with the Detroit Tigers.

Zimmermann gets $18 million in each of the next two seasons, $24 million in 2018 and $25 million in each of the final two years. As part of the agreement announced Monday, he has a full-no trade provision through 2018, then can be dealt to 10 teams without his permission during 2019-20.

The 29-year-old right-hander went 13-10 with a 3.66 ERA last season for Washington, striking out 164 with 39 walks. In 2014, he went 14-5 with a 2.66 ERA.

Detroit forfeits its second-round pick in June's amateur draft and Washington will gain a compensation selection, No. 38 overall. THE ASSOCIATED PRESS

Jordan Zimmermann ROBIN BUCKSON/THE ASSOCIATED PRESS

IN BRIEF

Dolphins shuffle coaches

Miami Dolphins interim coach Dan Campbell is running out of time to make a good impression, so he's going with a new play caller to jump-start his offence.

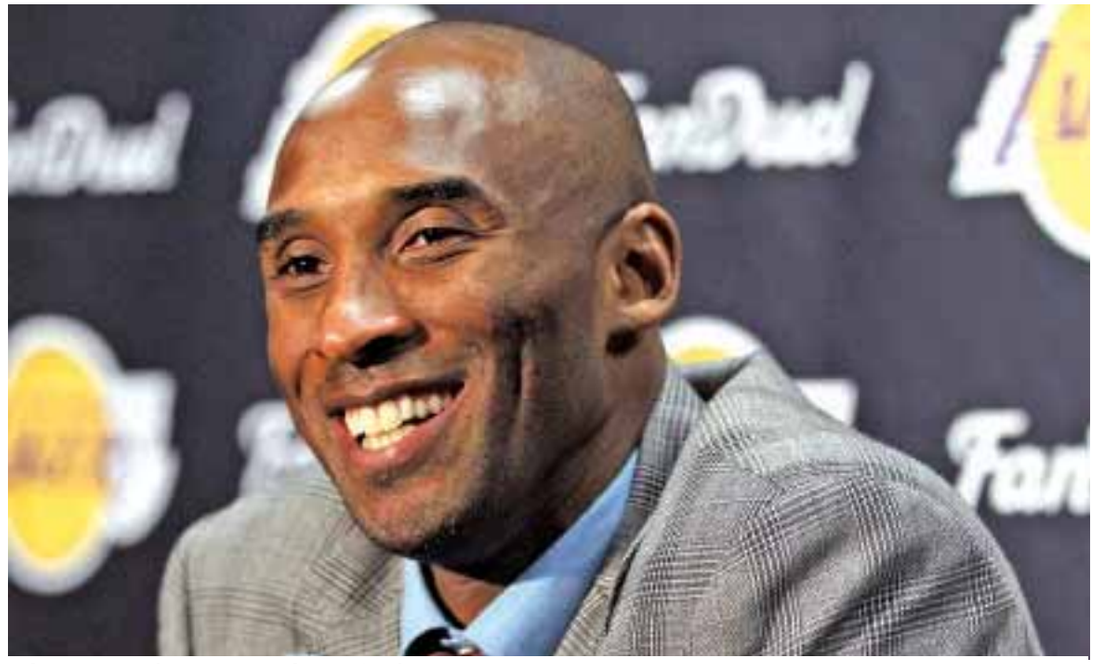
Campbell fired offensive co-ordinator Bill Lazor Monday and gave Zac Taylor primary responsibility for calling plays. Taylor remains quarterbacks coach.

The moves came after the Dolphins lost 38-20 to the New York Jets on Sunday. The Dolphins (4-7) were shut out in the first half. THE ASSOCIATED PRESS

76er up on speeding rap

Officials have confirmed that Philadelphia 76ers centre Jahlil Okafor was recently cited in New Jersey for driving at "an excessive rate of speed" and reckless driving on a major area bridge.

The Delaware River Port Authority confirmed Monday that the NBA player was stopped on the Ben Franklin Bridge on Oct. 19. The agency did not disclose how fast Okafor was travelling, but published reports have said it was more than 100 m.p.h.. THE ASSOCIATED PRESS



Kobe Bryant speaks at a news conference Sunday. ALEX GALLARDO/THE ASSOCIATED PRESS

Kobe farewell tour cranks up in Philly

NBA

Bryant knows the City of Brotherly Love also has haters

Kobe Bryant's farewell tour begins in the city that loves and hates him.

Bryant will play his first road game since announcing he'll retire after this season in his hometown Tuesday night against the winless Philadelphia 76ers (0-18).

The five-time NBA champion's relationship with Philly fans has been turbulent throughout his 20-year NBA career in Los Angeles. Some love him. Some hate him. Regardless, nearly everyone respects his superstar talent.

With the 76ers, Eagles and Flyers all struggling, Bryant's return was a hot topic on sports radio on Monday.

Born in Philadelphia, Bryant spent much of his childhood living in Italy where his father, Joe Bryant, played pro basketball. When his family moved back to the United States, Bryant went to Lower Merion High School, located in an affluent suburb about nine miles west of downtown Philadelphia.

He once said early in his career that he wasn't from Philly because he didn't live within the city limits. That didn't sit well with local fans.

"He was a spoiled rich kid who grew up in a fancy suburb," said Louis Manitti, a former season-ticketholder. "He was never one of us. He wasn't a hard-working blue-collar guy."

> **"I always enjoyed watching Kobe play and consider him one of the greatest ever, but he didn't want to play for the Sixers so I held that against him.**
> Longtime Philadelphia sports fan John Passero

But nothing turned fans against Bryant more than a bold statement he made during the 2001 NBA Finals when the Lakers played Philadelphia. Iverson led the Sixers to a victory on the road in Game 1 and the Lakers won Game 2. Afterward, Bryant said he wanted to come home and "cut their hearts out" by winning the series in Philadelphia. The Lakers did just that, winning three straight games to clinch the NBA championship.

"I liked Kobe until he said he wanted to rip our hearts out," said Michael Rivers, a part-time season ticketholder.

Bryant has never apologized for that comment. THE ASSOCIATED PRESS

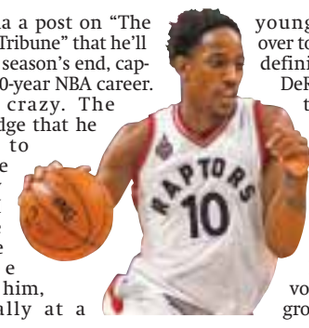
DeRozan has special feeling for Laker star

DeMar DeRozan was 16 years old when he was invited to Kobe Bryant's camp for the top 25 American high school shooting guards.

A friendship grew between the Toronto Raptors all-star and the third leading scorer in NBA history.

And moments after the Raptors' 107-102 loss Sunday night to Phoenix, DeRozan talked at length about Bryant, calling it "an honour" to know him. Bryant announced Sunday night via a post on "The Players' Tribune" that he'll retire at season's end, capping a 20-year NBA career.

"It's crazy. The knowledge that he tended to give me every time I got the chance to be around him, especially at a young age, carrying over to the league, it was definitely an honour," DeRozan said. "I tried to listen as much as possible, soak in as much as I could all of the time. It's crazy how much time flies."



Bryant was DeRozan's favourite player while growing up in Compton, Calif.

"I've tried to emulate and learn so much from him ever since I was a kid, watching every single game growing up in Los Angeles, having a chance to get with him and learn from him, from conversations even when I was in high school from playing against him, completing against him, being in big games with him," said DeRozan, who scored a game-high 29 points in Sunday's loss. THE CANADIAN PRESS

RECIPE Butternut Squash and Black Bean Quesadillas

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This is an immunity-boosting, vitamin packed recipe. But you can just tell your family that you're having quesadillas for dinner!

Ready in
Prep time: 45 minutes
Serves 4

Ingredients
- 15 cups butternut squash, peeled and cubed
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 1 tsp chili powder
- Pinch of salt and pepper
- 1 Tbsp olive oil
- 1 x 14 oz can black beans, rinsed
- 2 cups grated cheddar cheese (or Monteray Jack or Mozzarella)
- Big handful of cilantro, chopped
- 8 tortillas

Directions
1. Preheat the oven to 350 F.
2. In a large bowl, toss cubed squash with the spices and olive oil until well coated. Spread evenly on baking sheet and place in oven for 20 minutes. Remove from oven and add beans to the baking sheet. Stir together and spread evenly. Place back in the oven for another 20 minutes.
3. Drizzle oil in a skillet over medium heat. Place a tortilla down and spread 1/4 of the squash and bean mixture right to the edge of the tortilla. Sprinkle 1/2 cup of grated cheese and a bit of cilantro. Top it with another tortilla. Place a plate on top and press down firmly. Cook for about 5 minutes until the tortilla is golden and the cheese is beginning to melt. Carefully flip the quesadilla over and cook for another five minutes.
4. Repeat with the rest of your tortillas and squash. Cut the cooked quesadilla into quarters like a pizza and serve with guacamole, sour cream and salsa.

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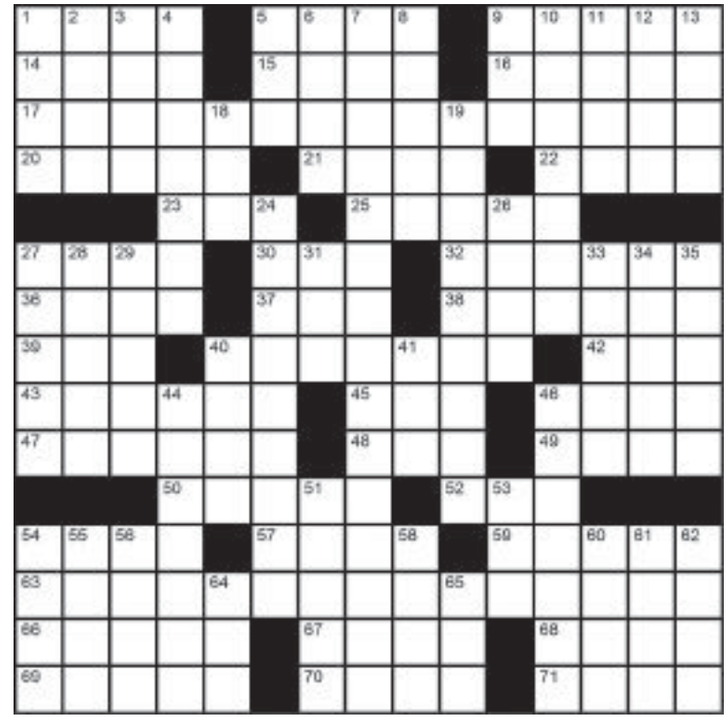
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Wizard's tool
5. Posh cars
9. Prized violin, e.g.
14. 'Acoustic Soul' artist, India.__
15. Hurt
16. Prefix to 'comedy' (Theatrical genre)
17. High-tech shoes Michael J. Fox famously wore as Marty McFly: 2 wds.
20. Lovely place to stroll
21. "Am _ __ late?" (Is there still time?)
22. Try to find
23. "__ Wednesday" (1973)
25. Jagged
27. Very dry, as per champagne
30. "Wowy!"
32. Museum tour guide
36. Soaks flax
37. "Let It Ride" gr.
38. Shred of a shredded shirt
39. Post-op locale
40. Dorothy __, "The Golden Girls" role
42. Bale of __
43. Like a scarecrow's filling
45. Kim, to Khloe
46. Sprightlinesses
47. Rather: 2 wds.
48. Gnaw
49. Formerly, in verse
50. "Luck Be _ __" by Frank Sinatra
52. Bungle
54. Long-range weapon, commonly
57. Scientific name of the Staghorn Sumac shrub which grows in southeastern Canada, __ Typhina
59. Novelist Dame Christie, cutely
63. 'Models' in sewing rooms: 2 wds.
66. 1940s jazz
67. The pair
68. "Eight Is Enough" actress Ms. O'Grady
69. Perfect places
70. Keen on
71. Book of __ (Old Testament book)

DOWN
1. Hymenopteran insect
2. Space
3. Zilches
4. Overcomes
5. Sheared-one's call
6. Gladiator's 1201
7. It's in northern Canada: 2 wds.
8. Gentleman, in Galicia
9. Toronto's 'Union', e.g.
10. Cut into threes
11. Shed implement
12. James __ (Pulitzer-winning writer)
13. Frisbee, __-shaped
18. L.A.'s 'L'
19. Refined asset: 2 wds.
24. One might have pet chickens and a large vegetable garden: 2 wds.
26. Marinate
27. Lively
28. 'Straight'-meaning prefix
29. Street sign sort
31. Prefix to 'logist' (Ear doctor)
33. Surgery aid, back in the olden days
34. Some tides
35. Affairee's appointment
40. Interestingly-named Canadian artist with the 1979 hit "Call Out My Name"
41. Ms. Vardalos
44. Joy __ (Author of 1960 lioness book Born Free)
46. Patio framework
51. United Arab Emirates capital, Abu __
53. U.K. military service
54. "__ __ happy to!"
55. Money: Deb. opposite
56. Ms. Neuwirth
58. Cobblestone
60. Small weight
61. "__ __ expert but..."
62. 'Photosynth' suffix
64. Madonna's first hubby ...his initials-sharers
65. 17th Greek letter

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are at your most generous — you'll do anything for anyone no matter the cost. Don't worry if people try to take advantage — they'll get what they deserve in the end.

Taurus April 21 - May 21
You will come to the aid of someone who is in need of defending, but don't fall into the trap of thinking that you have to be there for them every time. Sooner or later they must learn to stand on their own two feet.

Gemini May 22 - June 21
A friend or work colleague will try to make a big deal of something that you think is of little or no importance today. Strive to see the situation from their point of view.

Cancer June 22 - July 23
Rise above petty things and focus only on positive words and deeds. If someone seeks to get ahead at your expense you must not go looking for revenge.

Leo July 24 - Aug. 23
You know what is right, you know what is just and you know what you must do. More than any other sign you have the power to follow things through to the end, so keep going.

Virgo Aug. 24 - Sept. 23
If others say nasty things about you don't say nasty things in return — there's no need. Those who know you well won't believe it and those who don't know you well will be impressed by your dignified manner.

Libra Sept. 24 - Oct. 23
You have pushed yourself hard in recent weeks and have accomplished a lot but now you need to take life at a less frenzied pace. There may be things that need doing but you don't have to do them all yourself.

Scorpio Oct. 24 - Nov. 22
You have so many opportunities to choose from. Money matters are central, so look for ways to increase your cashflow. Creative activities of all kinds will be especially rewarding.

Sagittarius Nov. 23 - Dec. 21
Stay focused and there is no limit to what you might accomplish. Today's Mercury-Uranus link will give you some amazing insights into how you can make the most of your talents.

Capricorn Dec. 22 - Jan. 20
You may look calm on the outside but your emotions are all over the place. Don't keep your feelings bottled up. The longer you keep a lid on things the bigger the inevitable explosion will be.

Aquarius Jan. 21 - Feb. 19
The more someone promises you riches and rewards for just a small investment today the more certain you can be that they are lying and hoping to get rich at your expense.

Pisces Feb. 20 - March 20
Get on the right side of employers and important people but don't make promises you may not be able to keep. Just be yourself and have faith that they will like what they see.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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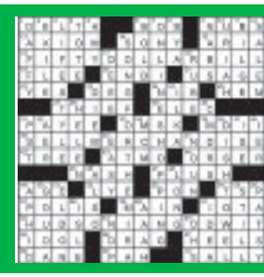

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